Practical Applications in Sports Nutrition 7th edition Fink Test Bank

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Multiple Choice

1. For a sport nutrition plan to be effective, which of the following should be considered?
A) The bioenergetic requirements of the athlete's sport
B) The athlete's health history
C) The athlete's likes and dislikes in regard to food
D) All of these are correct.
Ans: D
Complexity: Moderate
Ahead: What are the factors to consider when developing an individualized sports nutrition plan for athletes?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: When developing a plan for an athlete, the bioenergetics of their sport, their health history, and their food preferences should all be considered.

2. In which of the following situations would it be appropriate for an exercise professional to refer a client to a registered dietitian?
A) The athlete has hypertension.
B) The athlete has been diagnosed with an eating disorder.
C) The athlete is requesting a personalized eating plan.
D) All of these are correct.
Ans: D
Complexity: Moderate
Ahead: Why should you consider becoming a registered dietitian?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: In any situation in which an athlete requires guidance outside of public domain information, the exercise professional should refer the athlete to a registered dietitian.

3. The Tolerable Upper Intake Level for a nutrient is the:
A) amount that meets the nutrient needs of 98% of the population.
B) minimum amount of the nutrient that can be tolerated on an empty stomach when consumed as a dietary supplement.
C) precise amount proven to cure the nutrient's deficiency disorder in humans.
D) highest average amount that is unlikely to harm most people when consumed daily.
Ans: D
Complexity: Easy
Ahead: What are the Dietary Reference Intakes?
Subject: Chapter 1

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Title: Introduction to Sports Nutrition
Feedback: The Tolerable Upper Intake Level is the highest level of daily nutrient intake that poses no adverse health effects for almost all individuals in the general population.

4. The amount of a nutrient that should meet the needs of half the healthy people in a particular group is known as the:
A) Recommended Dietary Allowance (RDA).
B) Estimated Average Requirement (EAR).
C) Adequate Intake (AI).
D) Tolerable Upper Intake Level (UL)
Ans: B
Complexity: Easy
Ahead: What are the Dietary Reference Intakes?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The EAR is the estimated daily intake level of a vitamin or mineral needed to meet the requirements of half of the healthy individuals within a given life stage or sex group.

5. The Dietary Guidelines for Americans are:
A) revised yearly.
B) not concerned with physical activity.
C) published by the Centers for Disease Control and Prevention.
D) a set of general nutrition recommendations.
Ans: D
Complexity: Easy
Ahead: What are the basic nutrition guidelines?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The Dietary Guidelines for Americans, developed jointly by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA), are a set of general nutrition recommendations that are revised and published every 5 years.

6. Which of the following is the *most* energy dense of the macronutrients?
A) Fat
B) Alcohol
C) Carbohydrate
D) Protein
Ans: A
Complexity: Difficult
Ahead: What are the basic nutrients?

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Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Fat contains 9 calories/gram; alcohol contains 7 calories/gram; carbohydrate and protein contain 4 calories/gram.

7. Which of the following is a micronutrient?
A) Glucose
B) Amino acid
C) Vitamin C
D) Water
Ans: C
Complexity: Moderate
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Vitamins and minerals are classified as micronutrients because the body's daily requirements for these nutrients are small.

8. Which DRI indicates the intake level needed to meet the nutrient requirement of most people within a healthy population?
A) EAR
B) AI
C) RDA
D) UL
Ans: C
Complexity: Easy
Ahead: What are the Dietary Reference Intakes?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The RDA is the average daily dietary intake level that is sufficient to meet the nutrient requirements of the overwhelming majority (i.e., 98%) of a healthy population.

9. Which of the following resources is the current U.S. guide for menu planning and determining calorie needs?
A) Basic Four Food Plan
B) MyPyramid
C) MyPlate
D) Dietary Guidelines
Ans: C
Complexity: Easy

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Ahead: What are the basic nutrition guidelines?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The MyPlate food guidance system provides a healthy eating guide for meal planning and basic calorie needs for Americans.

10. Macronutrients include which of the following?
A) Carbohydrates, proteins, and fats
B) Carbohydrates, proteins, fats, and water
C) Vitamins and minerals
D) Vitamins, minerals, and water
Ans: A
Complexity: Difficult
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The macronutrients are carbohydrates, proteins, and fats.

11. Which of the following is *true* of carbohydrates?
A) They are composed of carbon, hydrogen, oxygen, and nitrogen.
B) They are the main source of fuel for the body.
C) They provide 9 calories per gram.
D) They are found mainly in meat and dairy products.
Ans: B
Complexity: Easy
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Carbohydrates are composed of carbon, hydrogen, and oxygen; they are the main source of fuel for the body; they provide 4 calories per gram; and they are found mainly in plant foods.

12. Which of the following best describes a nutrient that cannot be made within the body or made in sufficient quantities?
A) A critical nutrient
B) A required nutrient
C) An indispensable nutrient
D) An essential nutrient
Ans: D
Complexity: Easy

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Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: An essential nutrient is a nutrient that must be obtained from the diet.

13. Which of the following provides the most calories per gram?
A) Carbohydrates
B) Proteins
C) Fats
D) Alcohols
Ans: C
Complexity: Moderate
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Fats provide 9 calories/gram; alcohol provides 7 calories/gram; carbohydrates and proteins provide 4 calories/gram.

14. Which of the following are fat-soluble vitamins?
A) Vitamins A, D, K, and selenium
B) Vitamins A, D, E, and C
C) Vitamins A, D, E, and K
D) Vitamins D, E, K, and choline
Ans: C
Complexity: Moderate
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The fat-soluble vitamins are vitamins A, D, E, and K.

15. If a product is labeled “sodium-free,” the item contains less than:
A) 20 mg of sodium per serving.
B) 10 mg of sodium per serving.
C) 5 mg of sodium per serving.
D) 2 mg of sodium per serving.
Ans: C
Complexity: Easy
Ahead: How should athletes interpret the information on food labels?
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Feedback: “Sodium-free” is defined as a product containing less than 5 mg sodium per serving.

16. Which of the following is the legislative act that helps regulate the labeling of all foods?
A) FDA
B) DSHEA
C) FTC
D) NLEA
Ans: D
Complexity: Easy
Ahead: How should athletes interpret the information on food labels?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: NLEA is the Nutrition Labeling and Education Act.

17. All of the following are required on food labels, *except*:
A) the name and address of the manufacturer.
B) a list of all vitamins and minerals.
C) the net contents.
D) a statement of identity.
Ans: B
Complexity: Difficult
Ahead: How should athletes interpret the information on food labels?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Vitamin D, calcium, iron, and potassium are the only vitamins and minerals required to be included on the food label.

Essay

1. What is sports nutrition? Is it applicable only to competitive athletes?
Ans: Sports nutrition can be defined as the application of nutrition knowledge to a practical daily eating plan focused on providing the fuel for physical activity, facilitating the repair and rebuilding process following hard physical work, and optimizing athletic performance in competitive events, while also promoting overall health and wellness. Sports nutrition is applicable to individuals ranging from the fitness enthusiast to the competitive athlete.
Complexity: Easy
Ahead: What is sports nutrition?
Subject: Chapter 1

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Title: Introduction to Sports Nutrition
Feedback: See answer.

2. Discuss the drawback of "cookie-cutter" nutrition plans for athletes. In your answer, include at least three factors that should be considered when developing a nutrition plan for an athlete.
Ans: The main drawback of "cookie-cutter" nutrition plans is the lack of individualization. Nutrition plans for athletes should consider the individual's health history, the bioenergetics of the athlete's sport, total weekly training and competition time, living arrangements, access to food, and travel schedules.
Ahead: What are the factors to consider when developing an individualized sports nutrition plan for athletes?
Complexity: Moderate
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: See answer.

3. Describe why nutrition plans during competition would differ for a football player, a 50-meter sprinter, and a long-distance open-water swimmer.
Ans: The differences stem from the bioenergetics of the sports and the logistics/ease of consuming foods/beverages during exercise. A football player is involved in intermittent bursts of effort over the course of several hours, requiring adequate hydration and carbohydrate consumption for optimal performance. A 50-meter sprinter will only be active for a matter of seconds; therefore, nutrition/hydration during exercise is not necessary. A long-distance open-water swimmer will be moving continuously for hours, requiring proper hydration and adequate carbohydrate consumption, similar to the football player, to remain competitive. However, unlike the football player, who has opportunities throughout the game for breaks and easy access to fluids and food, an open-water swimmer has the challenge of not being able to carry fluids/foods easily, and consumption requires progression to come to a halt. Each nutrition plan must be tailored to the bioenergetics and logistics of the sport.
Complexity: Difficult
Ahead: What are the factors to consider when developing an individualized sports nutrition plan for athletes?
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Feedback: See answer.

True/False

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1. True or False? If you are not a licensed or registered dietitian/nutritionist, you cannot provide nutrition education to athletes.
Ans: False
Complexity: Moderate
Ahead: Why should you consider becoming a registered dietitian?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Nonlicensed professionals can provide public domain information to athletes.

2. True or False? Sodium, calcium, and potassium are classified as major minerals.
Ans: True
Complexity: Easy
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Sodium, calcium, and potassium are classified as major minerals.

3. True or False? In addition to water, fluid needs can be met through ingestion of milk, juice, tea, coffee, soda, other beverages, and watery foods.
Ans: True
Complexity: Easy
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: All fluid intake counts toward daily fluid needs.

4. True or False? Carbohydrates, proteins, and fats are also known as “energy nutrients.”
Ans: True
Complexity: Moderate
Ahead: What are the basic nutrients?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: Carbohydrates, protein, and fats provide calories, and therefore are also known as energy nutrients.

5. True or False? The DRI and the RDA for a vitamin or mineral are essentially the same value.
Ans: False
Complexity: Moderate

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Ahead: What are the Dietary Reference Intakes?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: The DRI includes the RDA, AI, UL, and EAR for each vitamin/mineral. The RDA is the average daily intake recommendation for each vitamin/mineral.

6. True or False? A nutrition label is required on most food packages, with exceptions such as meat and small, individual food packages.
Ans: True
Complexity: Easy
Ahead: How should athletes interpret the information on food labels?
Subject: Chapter 1
Title: Introduction to Sports Nutrition
Feedback: A nutrition label is required on most food packages, except meat products and small, individual food packages.

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